

Student Health and Safety

Health

Immunization Records and Health Exams

The California Department of Health and Department of Social Services requires all students to receive polio, measles, diphtheria, pertussis, tetanus, rubella and tuberculosis immunizations. Kindergarteners are also required to have hepatitis B and chicken pox (varicella). Seventh and eighth graders are required to have an additional pertussis vaccination.

Effective January 1, 2020:

- A child who has submitted a medical exemption before January 1, 2020, may continue to enroll in school until the child enrolls in the next “grade span.” Grade spans are defined as follows:
 - Birth to Preschool
 - Transitional Kindergarten/Kindergarten to Sixth Grade
 - Seventh to Twelfth Grade
- When a child completes one grade span and seeks to enroll in the next, parents must submit a new medical exemption.
- The California Department of Public Health will create a monitoring system that includes review of schools whose overall immunization rates are less than 95 percent; schools that do not provide annual reports of vaccination rates; and physicians who submit more than five medical exemptions in one year, starting January 1, 2020.

Effective January 1, 2021:

- Schools may no longer accept any type of written statement from a licensed physician. Instead, physicians must complete a standardized exemption form that contains specified information, and they must submit those forms electronically, both to the school and also the California Immunization Registry. Unless a standardized medical exemption form is on file, schools may not admit students who are not fully immunized on the basis of a medical exemption.
- Exemptions based on temporary medical conditions will continue to be valid for only one year. Exemptions based on permanent medical conditions will be valid for only one grade span. When a child with a permanent medical condition completes one grade span and seeks to enroll in the next, physicians must complete a new exemption form.

Students who do not have proof of immunizations will not be allowed to attend school until the immunization requirement is met.

If you have specific questions about the required immunizations and your child’s needs, please consult with your medical provider. If you have additional questions regarding the new law, please visit the California Department of Public Health website at <http://www.shotsforschool.org>

The following is a summary of health guidelines, which the school abides by:

1. California Montessori Project allows students to attend school when they have minor allergies.
2. Any contagious illnesses and/or a fever of 100°F or higher require the student to be absent from school. The child must remain fever-free, without medication, for twenty-four hours prior to returning to school. For certain contagious illnesses, the school may require a doctor's note to indicate the child is no longer contagious and may return to school.
3. **Please call the school each day your child will be absent.** If it appears your child may have a lengthy illness, please notify the school office as soon as possible, and obtain a doctor's note to be kept with the attendance records.
4. **Please contact the office as soon as possible if your child is diagnosed with any communicable diseases.** These include, but are not limited to, chicken pox, strep infections, influenza, fifth's disease, or conjunctivitis (pink eye). The school will notify the other parents to be aware of symptoms related to these diseases. This is the most effective method of preventing/limiting a potential outbreak of illness.
5. Please note CMP has a no nit policy for head lice. Your child will be sent home in the event lice or nits (eggs) are found. Instructions will be given to you for treatment of the lice as well as procedures to follow to clear the home of any infestation. Your child may return to school only if there are no lice (alive or dead) or nits (eggs) present. Before being admitted back to class, please bring your child into the school office for a re-check.
6. In the best interest of the child, and of all CMP students and staff, if health issues or symptoms of communicable illness or infection are observed in a student, the student's parents will be notified immediately and will be asked to pick up their child. In this instance, the student may not return to school until a medical practitioner has treated such symptoms or until the student has been symptom free for at least twenty-four hours.

Medications Administered at School

CMP staff do not administer over-the-counter medications to students, nor may students bring medicines to school.

If your child needs to take over-the-counter (OTC) medications, a parent/guardian must come to the school to administer it to their child.

CMP staff may administer OTC medications if there is a written note from the child's doctor giving specific dosages, directions, length of time, and use of the OTC Medication. The OTC medication must be sent in its original container with the child's name clearly labeled on it.

For safety reasons, children may NOT carry over-the-counter medications with them, such as throat lozenges, cough drops, cortisone cream, and the like.

When any prescribed medication needs to be given to a child, the school must have written permission and instructions from the parent **and** the child's doctor before school staff can administer the medication. A *Permission to Administer Medication* form may be obtained from the school office. The prescription medication must be in the original container with the child's name and directions clearly labeled.

Notify your child's teacher and school office, in writing, if your child is taking medication only at home. This will enable the teacher to act accordingly in case of allergic reactions or other side effects at school. Should either of these events occur at school, parents will be notified immediately.

All medications must be collected from the office by the end of the school year unless the student is enrolled in Club Montessori for the summer intersession.

Nutritional Health

A daily balanced diet is essential to every child's physical, mental, emotional, and physiological needs. Please make every effort to provide your child with healthy and nutritionally balanced meals comprised of fresh fruits and vegetables, and protein for the best possible day!

Breakfast is essential. Be sure your child begins each morning with a balanced meal to provide the brain energy needed for the activities of the day. If your child is unable to eat breakfast at home, you are welcome to pack a breakfast for them to eat at school prior to the start of class time.

Snacks and **Lunch** are the parents' responsibility, although some campuses may offer optional lunch programs. Every CMP campus offers either a lunch or a breakfast program, so inquire at your campus office. Please plan to send a bag or lunch box with your child each day, and make sure to label all containers to be taken home with your child's name.

When preparing your child's lunch and snacks, please make every effort to send items which your child can eat easily, can open and/or close independently. Lunch must be something which can be eaten without heating. Please note that soda and candy are items for home, so please do not include these in your child's lunch.

Food Allergy Practices

CMPs Food Allergy Practice is a collaborative partnership between the school campus and families which will help parent/guardians and their children to make the transition between the safety of their home environment onto the school campus. Each partner has a vital responsibility to ensure a safe and healthy learning environment.

Responsibilities of Students with Food Allergies:

- Do not trade or share food.
- Wash hands before and after eating.
- Sit in designated eating areas which are restricted from food allergens.
- Learn to recognize the symptoms of an allergic attack.
- Say "No thank you" when offered food which did not come from home.

Responsibilities of the Parents/Guardians of a Student with Food Allergies:

- Inform campus administration of your child's allergies prior to beginning of the school year – or as soon as possible after a diagnosis.

- Complete an Individualized Health Care Plan for Allergies, which can be obtained in your campus office, with your child’s physician.
- Fill out Administration of Medication Form, which can be obtained in your campus office.
- Provide updated medication and appropriate number of emergency kits.
- Provide a list of alternatives for snacks and lunches.
- Work collaboratively with campus administration to educate the school community with respect to food allergies.
- Be willing to provide “safe snacks” to be kept in the classroom so there is always something for your child to choose from during an unplanned event.
- Be willing to go on your child’s field trips and/or campus events if possible and if requested.

Responsibilities of CMP:

- Support a proactive process when informed of a student with a food allergy by making sure the Individualized Health Care Plan is implemented.
- Notify the classroom community when a student has a food allergy.
- When community snacks are offered to classes which have student(s) with a food allergy, ask parents to completely refrain from the identified food or products produced in factories where the identified food is processed. If an item is questionable, it is not served.
- Establish eating areas which are restricted from food to which the student is allergic.
- Wash eating tables after every use with appropriate cleanser to remove all possible residues of food and oils.
- Encourage general practice for all students to wash their hands before and after eating.
- Provide appropriate training for staff in administration of medication.
- Provide all staff with Individualized Health Care Plan of students with food allergies.
- Provide opportunities for the campus community with education and awareness of food allergies.

Responsibilities of Parent/Guardians of Students **without** Food Allergies:

- Be aware of your child’s classroom community.
- Respect your child’s classmates by looking for opportunities to provide appropriate snacks and lunches.

Responsibilities of Students **without** Food Allergies:

- Be a good citizen by respecting your classmates and celebrating our differences.
- Do not trade or share food.
- Refrain from sitting in designated eating areas when your lunch/snack contains the restricted food.
- Wash hands before and after eating.